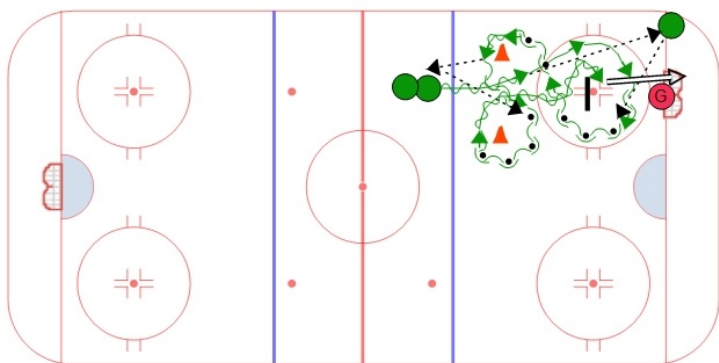


Footwork Shots #3



Notes / Coaching Points



Description

This is another slightly more advanced variation of the Footworks Shots Station Drills. This variation can be seen in live action below...

A post shared by The Canadian Way Hockey Inc. (@thecanadianwayhockey)
on Nov 20, 2017 at 6:46am PST